REGINA metro®

NEWS WORTH SHARING.

GUNNING FOR THE DARK SIDE

INDIE ROCKERS GUNNER AND SMITH DREW INSPIRATION FROM A GRITTY WESTERN SERIES FOR THEIR DEBUT LP

PAGE 10

Pasqua Hospital is slated to postpone as many as 140 surgeries over 10 days because of a breakdown in sterilization equipment. Inset, Dr. Kathy Malejczyk, infection control practitioner with the Regina Qu'Appelle Health Region, says officials are exercising caution by calling off the operations.

ROSS ROMANIUK/METRO; INSET: MARCO VIGLIOTTI/METRO

Pasqua Hospital surgeries called off for 10 days

Faulty sterilization. Malfunction in steam-cleaning gear not yet identified

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Qu'Appelle Health Region (RQHR) is postponing all surgeries at Pasqua Hospital for the next 10 days, while officials try to pinpoint and repair a malfunction in sterilization equipment.

All emergency and urgent surgeries previously scheduled for Pasqua have been shifted to Regina General Hospital beginning on Wednesday, while elective procedures scheduled at Pasqua have been postponed.

"We're working our way through the slate of surgical procedures (to determine) what we can move to potentially the General or several of our partners," Keith Dewar, president and CEO of the RQHR, told reporters on Wednesday at Pasqua Hospital.

The health region cancelled 16 surgeries scheduled for Pasqua on Wednesday. Officials estimate that approximately 140 operations in total could be postponed.

Dewar explained that an unidentified problem with the hospital's equipment used to sterilize surgical tools with steam is responsible for the delays. The machine, he said, has been discolouring packaging for surgical equipment.

Dewar stressed that there has been no risk to patients, and that the enclosed tools have not been contaminated.

However, the RQHR has deployed a team of health professionals to identify the breakdown and repair it.

Dr. Kathy Malejczyk, infection control practitioner with the RQHR, said the health authority is only playing it safe by calling off the surgeries.

"The standards suggest that if there's (something) visibly wrong, you should stop and fix the problem," Malejczyk added.

Pasqua could reopen for surgeries earlier, Dewar said, noting that the 10-day period is a safeguard that might be reduced.

Impact

140

Officials estimate that approximately 140 operations in total could be postponed.

NEWS 1

Grant Drive resident Frank Flegel holds the city's notice informing him that planned repairs to his street will cost him about $7,500. SARAH TAGUIAM/METRO

South-enders: Worst. Road. Ever. But...

It's pricey. Property owners on Grant Drive recently told cost to repair street will cost them $7,500 each

Grant Drive

"The price tag is just exorbitant. And ... buses go up and down, so improvements on Grant Drive don't just benefit us." Longtime resident Frank Flegel

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Several south-end homeowners on what's been called one of Regina's worst roads are asking city hall to stop planned street repairs after finding that it will cost each of them several thousand dollars.

The city recently told property owners on Grant Drive that their street is up for a $3-million reconstruction under a cost-sharing local improvement program (LIP) and that they're expected to foot approximately $570,000 — about $7,500 per household — of the bill to fix sidewalks, curbs and gutters.

The residents generally agree that repairs must be made, but some say they alone shouldn't shoulder that kind of cost — above their property tax — while everyone else benefits from the work.

"The price tag is just exorbitant. And ... buses go up and down, so improvements on Grant Drive don't just benefit us," said longtime resident Frank Flegel.

However, Adam Homes, the city's director of roadways and transportation services, said it's a reasonable sum to ask for.

"And the more that it's put off," Homes said, "the more it's going to cost."

A similar reconstruction of the street was proposed in 2010, though homeowners voted that down under the LIP process.

This time, the residents have until March 10 to petition against it.

Flegel, though, said many of them believe they weren't given enough notice about the deadline.

"It's one of the worst roads in the city," said Coun. Barbara Young of Ward 1.

"Everyone agrees that it should be repaired, so we're having internal meetings."

Sask. cities exploding (in growth rate)

The Saskatoon and Regina metropolitan areas continue to grow at a faster pace than the national average, according to the latest population figures from Statistics Canada.

Saskatoon posted the second-highest growth rate in the country at 3.9 per cent between July 2012 and July 2013, while Regina was just behind that in fourth place nationally at 3.1 per cent.

According to estimates from the national statistics agency, the population of Saskatoon's metro area is 292,597, while Regina is at 232,090.

"People vote by their feet," Robin Wiebe, senior economist with the Conference Board of Canada, said of both cities' strong growth.

"Both of these cities (had previously) experienced lengthy periods of out-migration ... but things have dramatically turned around."

On Wednesday, as well, the Conference Board released an economic outlook report on metropolitan areas across the country, and has projected that Regina and Saskatoon will continue with solid population gains in the coming years.

The number of migrants to both cities, however, is expected to slow slightly while remaining at historically strong rates, Wiebe said.

Overall, the board predicts that both cities will long enjoy the benefits of their local and provincial economies.

The growth appears to be transforming the two Saskatchewan cities into major targets for new arrivals. Statistics Canada numbers suggest that newcomers to the country are increasingly opting for the fertile plains of Saskatchewan.

Saskatoon boasts the largest net international in-migration rate of any metro area in Canada at 2.1 per cent.

MARCO VIGLIOTTI/METRO

He chooses not to run

No Yogi in 2016

Former Saskatchewan corrections minister and veteran MLA Yogi Huyghebaert says it's time to call it a career.

The 69-year-old says he will not run in the next provincial election expected in April 2016.

Huyghebaert was elected in a byelection in Wood River in 2000 and is serving his fourth term.

He served as the minister of corrections, public safety and policing from May 2009 to May 2012.

Before going into politics, Huyghebaert was a pilot with the Royal Canadian Air Force, serving in Germany and later flying with the famous Snowbirds. THE CANADIAN PRESS

Veteran MLA Yogi Huyghebaert
MARCO VIGLIOTTI/METRO

Spring sitting

Sask. legislature to focus on budget, seniors care

Premier Brad Wall says the upcoming provincial budget will form the basis of debate during the spring sitting of the Saskatchewan legislature.

Wall says there will be initiatives on long-term and seniors care, as well as details on a fund for future development using non-renewable resource revenue.

The spring sitting will begin on Monday. The budget is set to be tabled on March 19.

The premier says the books will be balanced because the government has made difficult choices.

Opposition NDP Leader Cam Broten says his party will push for improvements in schools, hospitals and seniors care facilities.

Broten says there is also concern that the government is considering using the education property tax to pay for bridges and overpasses.

THE CANADIAN PRESS

New Democrats. Mulcair softens his stance against coalition government

NDP leader Thomas Mulcair
SEAN KILPATRICK/THE CANADIAN PRESS

Thomas Mulcair seems suddenly more open to the idea of a coalition government, now that his New Democrats are in third place behind the ascendant Liberals.

Two years ago, when the Liberals were on their apparent deathbed, Mulcair categorically ruled out a coalition.

He said then that the 2008 attempt at forming a Liberal-NDP coalition government had proven the Grits couldn't be trusted.

He described his anti-coalition position as "categorical, absolute, irrefutable and non-negotiable."

Now, Mulcair is suggesting he meant only that he wouldn't agree to run joint candidates during an election.

He says whether a coalition is needed to oust the Conservatives after an election depends on the configuration of the House of Commons after the votes are counted.

And he says New Democrats have always been willing to work with other parties. THE CANADIAN PRESS

Arizona. Governor vetoes controversial bill allowing refusal of service to gays

Arizona Gov. Jan Brewer has vetoed a bill that set off a national debate over gay rights, religion and discrimination.

She announced the veto Wednesday after holding private meetings with opponents and proponents.

The bill backed by Republicans in the state legislature was designed to give added protection from lawsuits to people who assert their religious beliefs in refusing service to gays.

Opponents called it an open attack on gays that invited discrimination.

The bill thrust Arizona into the national spotlight last week after both chambers of the legislature approved it.

The state faced blistering criticism from major corporations and political leaders from both major parties.

The bill allowed any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination. Supporters call the bill a slight tweak to the state's existing religious freedom law. Arizona does not extend civil-rights protections to people based on sexual orientation.

THE ASSOCIATED PRESS

Lac-Mégantic

Mayor to railway: we want tracks out

A Quebec town still recovering from a train disaster says it sent a message to the railroad's potential new owner: We want the tracks out of our town.

A Lac-Mégantic official says the mayor delivered the message at a meeting with a representative for Fortress Investment Group, the winning bidder for the Montreal, Maine & Atlantic Railway. THE CANADIAN PRESS

Free from partisanship

Liberal senators push transparency, approachability

Liberal using their new-found independence will solicit questions from Canadians that they will then pose to the government during the daily question period. The move is one of five ways the 32 Liberal senators hope to take advantage of their new freedom from partisan ties.

THE CANADIAN PRESS

Justin Bieber exchanges swagger for stagger in latest video

In this Jan. 23, 2014, video frame grab released by the Miami Beach Police Department, singer Justin Bieber, centre, is shown walking unsteadily during a sobriety test at a police station in Miami Beach, Fla. The Miami-Dade county prosecutors released about 10 hours of video Wednesday. Bieber pleaded not guilty to driving under the influence, resisting arrest and driving with an invalid licence. MIAMI BEACH POLICE DEPT./THE ASSOCIATED PRESS

Omar Khadr a minimal threat, says ombudsman

Classification. Prison authorities urged to take into account evidence that Canadian former Guantanamo detainee has no more terrorist ties

Quoted

"This is a government that has no compassion even for the most vulnerable in our society. It is spiteful and wishes to run out the clock on Omar by keeping him in prison for as long as they can."

Dennis Edney, one of Khadr's Canadian lawyers, who called it "disgraceful" that authorities have ignored the federal prisons ombudsman's repeated recommendations.

Canadian correctional authorities have unfairly classified former Guantanamo detainee Omar Khadr even though they lowered his risk rating from maximum to medium security, the federal prisons ombudsman complains.

In a letter obtained by The Canadian Press, the Office of the Correctional Investigator urges prison authorities to take into account evidence that Khadr poses minimal threat and should be classified as such.

"(Correctional Service of Canada) officials also note that there is no evidence Mr. Khadr has maintained an association with any terrorist organization," the letter to CSC's senior deputy commissioner states.

The letter this month by Ivan Zinger, executive director of the independent Office of the Correctional Investigator, is the office's third such complaint since Khadr returned to Canada in 2012 to serve out the rest of an eight-year sentence for war crimes.

Corrections recently reclassified Khadr, 27, and transferred him from the maximum-security Edmonton Institution to the medium-security Bowden Institution in Innisfail, Alta.

But the ombudsman argues that doesn't go far enough, given that Khadr pleaded guilty in October 2010 to crimes he committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

Larger-than-life Rob Ford cuts a wide swath through meeting of mayors

Toronto Mayor Rob Ford blew into Ottawa Wednesday with his trademark bull-in-a-china-shop style, wowing crowds, scrumming with reporters and knocking a scheduled meeting of the Big City Mayors' Caucus off its moorings.

"I got along well with all the mayors, I didn't think I was a distraction," Ford told his second scrum of the morning at the first Federation of Canadian Municipalities meeting he has ever attended.

Ford said he told the other mayors to back a federal party.

"So I said … in the next federal election, take a stand. Either you're going to support (Tom) Mulcair and the NDP or you're going to vote (Justin) Trudeau and the Liberals or you're going to vote for the new leader of the Bloc," Ford told reporters. "But don't sit there and complain if you're not going to take a stand."

The reaction ranged from good humour to anger.

"I don't want to be associated in any form to this man," said Quebec City Mayor Régis Labeaume. "How could I explain to my people in Quebec City and to my children that I work, collaborate, with a guy who, during his mandate, smoked crack, you know?"

THE CANADIAN PRESS

Ukraine's protest leaders pick top lawmaker for PM

Coffers to fill. The new leader will be walking into a country rife with financial problems

Leaders of Ukraine's protest movement on Wednesday proposed a top legislator as the country's next prime minister, while Russian President Vladimir Putin ordered major military exercises just across the border in a show of force and apparent displeasure over the country's new direction.

The new government, which is expected to be formally approved by parliament Thursday, will face the hugely complicated task of restoring stability in a country that is deeply divided politically and on the verge of financial collapse. The country's pro-Russian president, Viktor Yanukovych, fled the capital over the weekend.

At Kyiv's Independence Square, the heart of the protest movement against Yanukovych, the interim leaders who seized control after he fled proposed Arseniy Yatsenyuk as the country's new prime minister.

Yatsenyuk, 39, is a millionaire former banker who served as economy minister, foreign minister and parliamentary speaker before Yanukovych took office in 2010. Widely viewed as a technocratic reformer, he appears to enjoy the support of the U.S.

The top U.S. diplomat for Europe, Victoria Nuland, was overheard discussing Yatsenyuk and other Ukrainian opposition figures in a bugged phone call that was leaked, saying "I think Yats is the guy who's got the economic experience, the governing experience."

If confirmed, one of the first jobs for Yatsenyuk and other members of his new Cabinet will be seeking outside financial help from the European Union and the International Monetary Fund. Economists say Ukraine is close to financial collapse, with its currency under pressure and its treasury almost empty. The acting finance minister has said Ukraine will need $35 billion in bailout loans to get through the next two years.

Any such deal will require a new prime minister to take unpopular steps, such as raising the price of gas to consumers. The state gas company charges as little as one fifth of what it pays for imported Russian gas. The IMF unsuccessfully pressed Ukraine to halt the practice under two earlier bailouts, and halted aid when Kyiv wouldn't comply. A bailout may come with the condition that Ukraine lets its currency fall against the dollar and the euro, which would painfully increase the cost of imported goods.

THE ASSOCIATED PRESS

Palestinians pray over Sami Bsharat's body

Palestinians pray during the funeral of Sami Bsharat, a Palestinian militant who was killed in operation by the Israeli army in 2003, in Tamoun village near Jenin city in the West Bank on Wednesday. Recently Israel has been returning the bodies of dead Palestinian militants to their families for burial.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Man guilty of slaying soldier sentenced to life in prison

An al-Qaida-inspired extremist was sentenced to life without parole Wednesday for hacking a British soldier to death on a London street in front of horrified passersby.

Images of Michael Adebolajo, 29, holding a butcher knife and cleaver with bloodied hands in the moments after the May 22 killing of Lee Rigby shocked people around the world and sparked fears of Islamist terrorism in Britain.

The self-described "soldier of Allah" was sentenced at Central Criminal Court along with his accomplice, 22-year-old Michael Adebowale, who received a minimum 45-year sentence.

The day ended in drama when both men were pinned to the ground and led out of the courtroom after scuffling with guards and shouting "Allah Akbar" — "God is great" — at the judge moments before their sentences were read out. THE ASSOCIATED PRESS

Michael Adebolajo
THE ASSOCIATED PRESS

Michael Adebowale
THE ASSOCIATED PRESS

Syria. Army troops kill dozens of rebels in deadly attack near Damascus

Syrian army troops on Wednesday killed 175 rebels, many of them al-Qaida-linked fighters, in an ambush described as one of the deadliest attacks by government forces against fighters near Damascus, according to state media.

An opposition group said the dawn ambush — part of a government effort to secure the capital — was carried out by the Lebanese Hezbollah group, which has been instrumental in helping President Bashar Assad's regime push back rebels entrenched in the suburbs of the capital city.

Syrian state news agency SANA quoted a field commander in the eastern Ghouta area as saying most of the rebels killed in the assault belonged to the al-Qaida-linked Nusra Front rebel group. The report said several of those killed were foreign fighters who came to Syria from Saudi Arabia, Chechnya and Qatar.

THE ASSOCIATED PRESS

Withdrawal of troops

U.S. general sees grim future for Afghanistan

Depicting a grim future for Afghanistan without U.S. help, the top U.S. military officer said Wednesday that Afghanistan's refusal to sign a security agreement with the United States may make the fight more difficult this year, embolden the enemy and prompt some Afghan security forces to co-operate with the Taliban to "hedge their bets." Army Gen. Martin Dempsey spent the day in Afghanistan working to manage the aftereffects of President Barack Obama's order Tuesday to begin actively planning for a total withdrawal of U.S. troops by the end of the year.

THE ASSOCIATED PRESS

In absentia

Egyptian court convicts terrorists

An Egyptian court convicted 26 people Wednesday of forming a terrorist group to launch an attack on the country's vital Suez Canal waterway, with almost all receiving death sentences in absentia.

The verdict by the Cairo Criminal Court came after judges held only one session in the case. One of the defendants, younger than 18, did not receive a death sentence, a statement announcing the verdict said.

Courts in Egypt routinely convict defendants and give the maximum sentence to those tried in absentia. However, once caught, the defendants receive an automatic retrial. THE ASSOCIATED PRESS

Airstrike

Israel targets Hezbollah

Israel has opened a new front in its attempts to halt weapons smuggling to Hezbollah, striking one of the group's positions inside Lebanon for the first time since the sides fought a war eight years ago.

This week's airstrike is part of a risky policy that could easily backfire by triggering retaliation. But at a time when the Syrian opposition says Hezbollah has struck a major blow for President Bashar Assad's government in neighbouring Syria by ambushing al-Qaida-linked fighters there, it shows the strategic importance for Israel of trying to break the Syria-Hezbollah axis.

THE ASSOCIATED PRESS

Pursuit. Confused Japanese tourists trigger police chase; ends well

The first night in the United States for a family of Japanese tourists ended with the parents being pulled from their rental car at gunpoint with their young son watching after their confusion about American traffic laws set off a high-speed pursuit in southern Utah.

The pursuit began at 1 a.m. Saturday on Interstate 15 near the Utah-Arizona border when the couple's car was spotted going just 37 m.p.h. and swerving between lanes, said Lt. Brad Horne, Utah Highway Patrol's DUI unit commander. THE ASSOCIATED PRESS

From pursuit to help

Realizing they were dealing with language and cultural barriers, and not drunken fugitives, officers changed their strategy.

- **They located a cop who spoke Japanese to help.**

Resignation not valid?

Journalist claims former Pope pressured to leave

Retired pope Benedict has denied speculation that he was pressured to leave office.

Benedict wrote to the La Stampa newspaper amid a new round of speculation ahead of Friday's first anniversary of the resignation. Italian journalist Antonio Socci suggested in the daily Libero that the resignation may have been invalid, claiming Benedict was pressured by cardinals. "Speculation about its invalidity is simply absurd," La Stampa quoted the Pope emeritus as writing. THE ASSOCIATED PRESS

Vancouver j-school uses airborne drones for news

Ethan Baron teaches j-students Andrea Anthony and Jenny Peng. METRO

Langara College. One future support for news gathering is being tested in a Vancouver journalism school

It's a bird, it's a plane, it's Superman! …Wait, no, it's an air drone, and it could be the future of news gathering.

Langara College's journalism instructor Ethan Baron is pushing his students ahead of the game, teaching them to use a drone equipped with an HD-camera capable of being handled with a smartphone.

Phantom 2 Vision

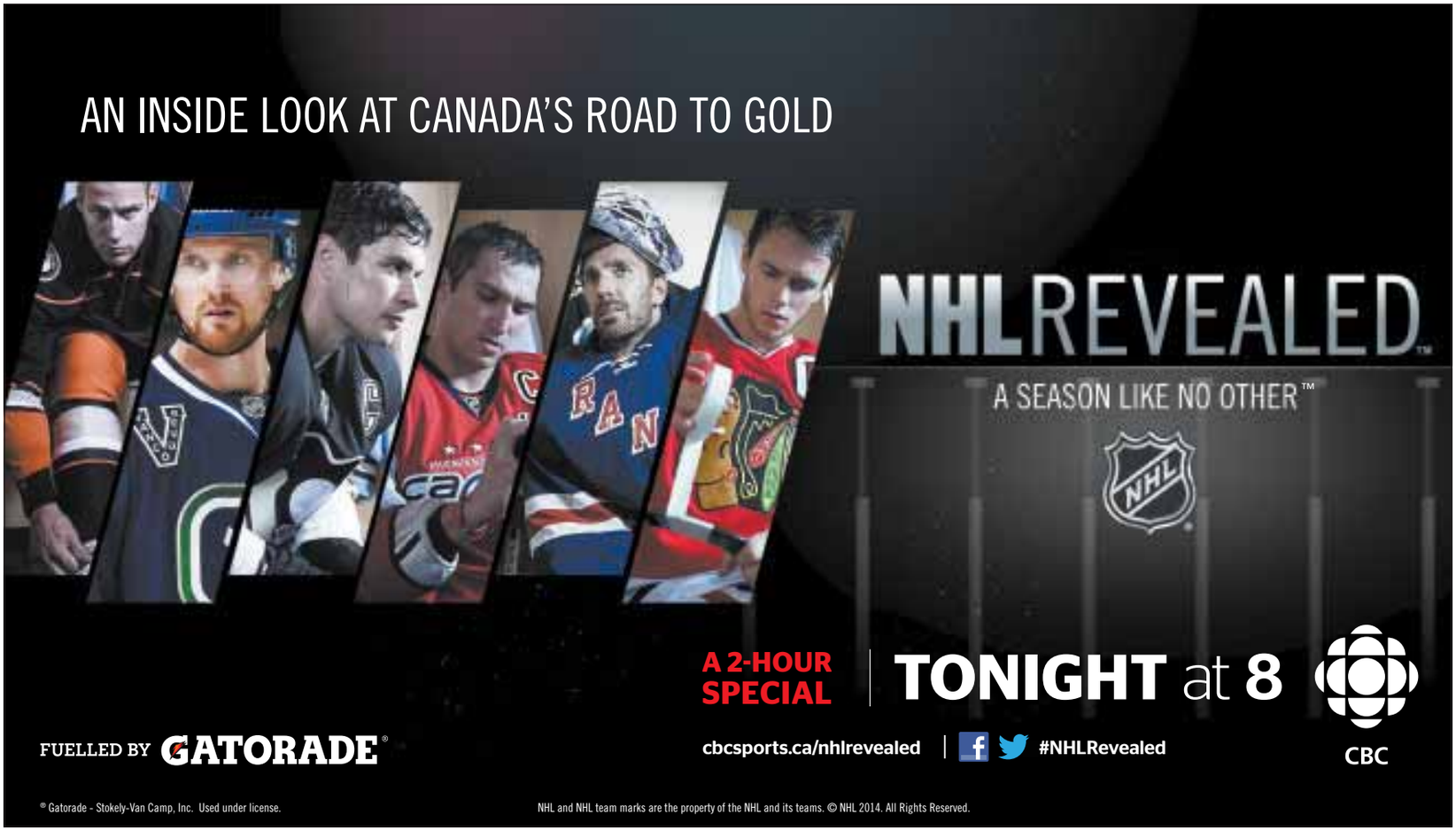
"If you have one of these, then they can capture so much more footage."

Said Amy Jones, a Langara College journalism student

It's the kind of device that could boost the concrete facts and information journalists yearn for, and it has all sorts of practical applications, said Baron in Vancouver Wednesday.

"You can have a fire, or a demonstration, or a riot, and that would allow you to see the scale of the event you're covering," he said. "Of course you would have reporters, photojournalists and video journalists on the ground covering whatever action is taking place, then you'd have an overview, which is almost impossible to get at most news outlets these days because most can't afford what it takes to get that perspective."

"Think about something like the Vancouver riots when it was really dangerous for reporters and photographers to be out there," said Amy Jones. SAM SMITH/FOR METRO IN VANCOUVER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U.S. senators turn to scare tactics in Keystone battle

Pipeline. Politicians trot out scary tales from Alberta in bid to get Obama to reject contentious project

Horror stories about the Alberta oilsands' impact on human health are being shared in Washington, D.C.

A pair of anti-Keystone XL U.S. senators invited witnesses Wednesday to provide anecdotes about the effects on people near sites where the oil is extracted, transported and refined.

They hope these human-interest stories might influence the Obama administration as it prepares its final decision on the Keystone XL pipeline.

One of the speakers at the event was John O'Connor, an Alberta doctor.

He first went public in 2006 with concerns about what he considered to be elevated cancer rates around Fort Chipewyan, Alta.

Many of the 1,200 residents believe their proximity to oilsands development and major forestry mills in Fort McMurray have led to contamination of water and wildlife and a higher rate of cancer and other illnesses.

The event organizer said she would send a letter to her longtime colleague in the Senate Democratic caucus, current U.S. Secretary of State John Kerry, asking him to consider human health as he prepares a recommendation to U.S. President Barack Obama.

"I have shown you, or at least I have told you, how health miseries follow the tar sands," said Barbara Boxer, the chair of the U.S. Senate environment committee, at a news conference.

Boxer said the health aspect has been overlooked in the discussion and was disappointingly absent in the State Department's recent environmental report, which predicted no significant effect on carbon pollution whether or not the pipeline is built. THE CANADIAN PRESS

Anecdotal evidence

"Health miseries follow tarsands from extraction to transport, to refining, to waste disposal."

Barbara Boxer, chair of the Senate environment committee

Heads bowed, hands out: Ukraine seeks bailout

A woman walks past a local bank set on fire in Kyiv's Independence Square, the epicentre of the country's current unrest, in Ukraine Tuesday. Ukraine needs money, and fast — in weeks, not months. But bailing out the country of 46 million people will not be as easy as simply writing a big cheque. For one, Ukraine has already burned the main international financial rescuer, the International Monetary Fund, by failing to keep to the terms of earlier bailouts from 2008 and 2010. Now it needs help again, and its economic and financial problems are worse than before. THE ASSOCIATED PRESS

A penny forgotten is a penny earned

When it comes to balancing the country's books, it's the equivalent of finding loose change under a couch cushion.

But each penny surely counts for a Conservative government desperate to press every bit of cash into paying down the deficit.

Federal coffers got a $7-million top-up over the last eight years, all without a single tax being raised or any spending being cut.

So what's behind this modest windfall? Long-forgotten bank accounts.

If a bank balance goes untouched for 10 years and no one can find the account owner, the money is transferred to the Bank of Canada.

Penny pinching: Feds get boost from forgotten bank accounts. THE CANADIAN PRESS

The central bank holds on to amounts of less than $1,000 for another 30 years, while it keeps amounts above $1,000 for 100 years.

If no one steps forward to claim the money after all that time, the money is transferred to the receiver general and goes into the consolidated revenue fund. The government can use that money as it sees fit.

Spreadsheet data from the Bank of Canada, released to The Canadian Press under the Access to Information Act, offers a glimpse at the sources of this unlikely manna. THE CANADIAN PRESS

Expected more?

Target Canada loses almost $1B since March open

Canada's lukewarm reception last year to Target's first expansion outside the U.S. contributed to a nearly $1 billion loss for the discount retailer. Target Corp. reported Wednesday its Canadian segment had a $329 million US loss before interest and tax items in the fourth quarter ended Feb. 1. THE CANADIAN PRESS

Debunking myth

Turns out it's good to tax the rich: IMF

A new paper by researchers at the International Monetary Fund appears to debunk a tenet of conservative economic ideology — that taxing the rich to give to the poor is bad for the economy. The paper will be applauded by those who regard high levels of income inequality as not only a moral stain on society but also economically unsound. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.86¢ (-0.34¢)

TSX 14,188.58 (-0.40)

OIL $102.59 US (+$0.76)

GOLD $1,328 US (-$14.70)

Natural gas: $4.53 US (-$0.13)
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Betty Ybarra stands outside the tiny house in Madison, Wis., she and her boyfriend live in. THE ASSOCIATED PRESS

A tiny home of one's own

Big movement.
Ex-Occupy movement organizers helping build houses for the homeless

While tiny houses have been attractive for those wanting to downsize or simplify their lives for financial or environmental reasons, there's another population benefiting from the small-dwelling movement: the homeless.

There's a growing effort across the U.S. from advocates and religious groups to build these compact buildings because they are cheaper than a traditional large-scale shelter, help the recipients socially as they are built in communal settings and are environmentally friendly due to their size.

"You're out of the elements, you've got your own bed, you've got your own place to call your own," said Harold "Hap" Morgan, who is without a permanent home in Madison. "It gives you a little bit of self-pride: This is my own house."

He's in line for a 99-square-foot house built through the non-profit Occupy Madison Build, or OM Build, run by former organizers with the Occupy movement. The group hopes to create a cluster of tiny houses like those in Olympia, Wash., and Eugene and Portland, Ore.

Many have been built with donated materials and volunteer labour, sometimes from the people who will live in them. Most require residents to behave appropriately, avoid drugs and alcohol and help maintain the properties. THE ASSOCIATED PRESS

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No joke. Did you hear the one about Coke teaching dietitians about nutrition?

Snack and soda makers that often are blamed for fueling America's obesity rates also play a role in educating the dietitians who advise Americans on healthy eating.

Companies such as Frito-Lay, Kellogg and Coca-Cola are essentially teaching the teachers. They're offering seminars, online classes and workshops that are usually free to U.S. dietitians as part of their behind-the-scenes efforts to burnish the image of their snacks and drinks. The practice has raised ethical concerns among some who say it gives the food industry too much influence over dietitians, who can take the classes for education credits to maintain their licences.

With two-thirds of Americans considered overweight or obese, the makers of processed foods have shouldered much of the blame for aggressively marketing sugary and salty products.

Critics say companies use the classes, which are usually less expensive and more convenient than other courses dietitians can take, as a way to cast their products in a positive nutritional light. Not to mention, companies often collect the dietitians' contacts to mail them samples or coupons, in some cases to share with their patients. THE ASSOCIATED PRESS

Women at a 2013 event for dietitians pass by a Coca-Cola sponsored booth in Houston. THE ASSOCIATED PRESS FILE

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HOW TO SCORE A DATE

HE SAYS

John Mazerolle
metronews.ca

There was a time when online dating was an embarrassing ordeal, but now it's so commonplace that you'd be an idiot not to have an online profile.

Sure, you might have a loving spouse and a beautiful child, but you haven't truly lived until you've experienced the thrill of a suitor who eyes your 1,500-word profile, feels a moment of inspiration and writes, "Hey."

I spent so many years on dating sites that it might be the Stockholm Syndrome talking, but I really came to enjoy the myriad of ways people misspelled even the simplest English words. "Beautyfull girl with nothing too loose lokking for someone spatial!"

With enough hours online to merit a Malcolm Gladwell reference, a friend of mine recently asked me to offer advice about her profile. I was honoured. In reply, I've written this can't-miss list of online dating tips that will have her — and your — inbox filled with so many yo's and sup's that the NSA won't have the resources to keep up.

Love Bytes: A Guide To 'Electronic Dating'

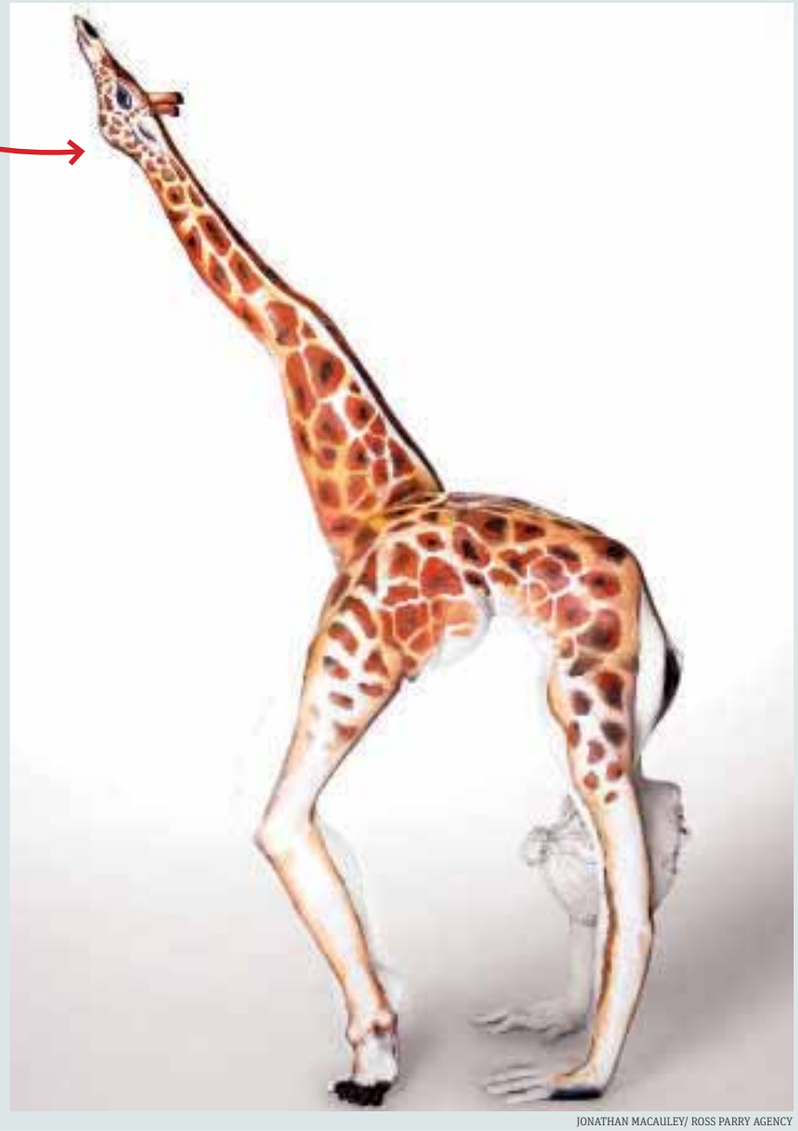
- Your profile name, or handle, should include your full name and address to speed things along.
- Next comes the tagline. Reel in potential suitors with so-called "clickbait" headlines, like "You Won't Believe What Happened To The Last Guy I Dated."
- Never lie, unless you're older or heavier than you want to say you are, in which case go to town.
- Ask a compelling question to prompt more meaningful messages. "If God loves us why must people suffer?" and "Are gravitons fundamental in string theory?" are both great conversation starters.
- Be specific. Wrong: I'm quirky and fun. Right: I am the mayor of Toronto.
- Be sure to list all the things you DON'T want, especially freaks, flakes and game-players, in angry detail. Ranting about previous partners with absolutely no prompting lets people know you mean business. It's no different than when you apply for a new job and your cover letter says, "I'm a good worker, so you'd better not be a lame company or I walk."
- Be sure to pepper the profile with LOLs. Besides their inherent aura of intelligence and charm, the mental image of you laughing at each sentence you write as you sit alone with your laptop is irresistible.
- Taking a selfie in your bathroom mirror shows off your body and your bathroom, which is an efficient way to convey two important pieces of information.
- Big group shots with friends are great, because it shows there is a Plan B, C and D.

And that's my advice. I hope you found it helpful. One last word if you're an older person who is still afraid of technology: Learn to embrace computers and smartphones for your dating needs. Otherwise, you'll be dating yourself.

ZOOM

Artist bends body into an animal

At first glance it looks like a giraffe, but a closer inspection reveals the body of a gymnast contorting herself into the shape of the exotic animal. Beth Sykes, 20, from Featherstone, Yorkshire, in north England, says it was a "spur of the moment" decision to transform her body into that of the long-necked creature. METRO



JONATHAN MACAULEY/ ROSS PARRY AGENCY

The gymnast

"We just thought one day that it would be cool to paint me as a giraffe. Then finally we had some time and decided to do it. It took six hours of painting but it was worth it."

Contortionist Beth Sykes
Sykes teamed up with her friend and body art painter Emma Fay to produce her giraffe-like look.

All paint, apart from the ears

Fay the artist painted the head of the giraffe on one of Sykes' feet, and hooves on the other foot and one hand.

"The only bit that wasn't my body was the giraffe's ears — we made them out of a foam yoga mat," added Sykes.

METRO

Clickbait

DYLAN ROBERTSON
Metro Online

Worried about how loud sounds affect your health? Perhaps you're curious how noisy your neighbours really are. Your smartphone can be used as a decibel meter thanks to these free apps.

CONTRIBUTED

Decibel 10th:
This app includes a graph similar to a heart-rate monitor. It also tells you what your current sound environment is comparable to, like a hushed conversation or a plane taking off. A similar Android app is Sound Meter.

Decibels:
A camera comes with this app, allowing you to capture a photo along with the volume level at the time.

Decibel Ultra:
The two meters in this app measure both ambient sound and incoming noises. A number of sophisticated features allow you to calibrate the app's precision.

Twitter

@metropicks asked: Zuckerberg wants to give the whole world free Internet access hoping they will invest. Is it a good idea?

@auditorydamage: I'm sure this totally won't end up concentrating even more power in FB, which totally won't be abused at all.

@Canucklehead_ca: Good idea? No. GREATEST IDEA! If you're unable to look at cat pictures & argue with strangers, well ... that ain't living.

@ctmwyn: reducing the technology barrier can't be bad, unless users are forced to sell their personal information before given access.

@cableknitdragon: No because the last thing the internet needs is more facebook.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE

Gunner and Smith explore dark indie folk sound on debut album

Saskatoon band Gunner and Smith released their debut album, He Once Was a Good Man, this week. CONTRIBUTED/MATTHEW SMITHRE

He Once Was a Good Man. Metro caught up with front man Geoff Smith ahead of the band's shows in Regina and Saskatoon

BACKSTAGE PASS
Jacob Morgan
regina@metronews.ca

Geoff Smith appreciates the bleaker side of beauty.

His Saskatoon band Gunner and Smith released their first full-length album, He Once Was a Good Man, on Feb. 25 and it brings their soulful yet forlorn sound to new heights.

"Something doesn't need to be colourful and happy and bright. It can still be very beautiful and interesting and I think that's something the Prairies have going for them," Smith told Metro.

"I tend to enjoy aspects of the winter." He added that Gunner and Smith were able to open up their music in part due to help from producer and fellow Saskatoon native Ryan Boldt, who plays guitar and sings in the Deep Dark Woods.

"They're one of those bands that a lot of the guys in our band have been listening to for a long time. We really respect what they do," said Smith.

Quoted

"It has a lot of violence and a lot of revenge. Some pretty good characters stuck in some pretty frustrating situations,"

Geoff Smith of Gunner and Smith
On what their new album's title track is about

Boldt also performed on the album and his winding licks add texture to songs such as Drifting and Towns.

Another reason for He Once Was a Good Man's overall consistency is that while the five members work together on individual parts, the songwriting remains largely Smith's vision.

And the stories he draws from are often dark, featuring desperate people thrown into situations beyond their control.

The gritty AMC Western series, Hell on Wheels, provided some inspiration for the title track. "It has a lot of violence and a lot of revenge, some pretty good characters stuck in some pretty frustrating situations," said Smith.

But there's also a personal element: Smith said that a central theme of the record is one of self-reflection about "the unpredictability of where life is going to take you."

Catch the show

Gunner and Smith are now on tour through Western Canada, which will culminate with three Saskatchewan shows including Regina on March 7 at the Artful Dodger and Saskatoon on March 8 at Amigos Cantina.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lawrence looks at year-long vacation

MELINDA TAUB
Metro World News in New York

Have we loved Jennifer Lawrence so hard that we broke her?

Despite — or because of — our affection, the world's most adored actress is planning to take a lengthy hiatus from acting, according to Harvey Weinstein. "She's going to have a long break for a year where she won't do anything. It's been non-stop for her and she deserves a rest," Weinstein, who produced Silver Linings Playbook, told the U.K.'s The Sun.

Why does Jennifer need a rest from being a movie star? Apparently, carrying two major movie franchises while also starring in a steady stream of Oscar bait (not to mention being relentlessly charming in interviews) can wear on a person. "Jennifer is too nice and will do people favours and agrees to do a movie like American Hustle when she could have had a rest," Weinstein said. "She signed on to do Hunger Games when she was young and wouldn't have realized how much it would dominate her life. But she's a professional and always will be."

Well, OK. I guess she can take a break, as long as she comes back — and assigns a substitute to make fun of Sarah Jessica Parker's hats in her stead.

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1. CRAZY TOWN Robyn Doolittle
Fast paced and insightful, *Crazy Town* is a page-turning portrait of a troubled man, a formidable family, and a city caught in an astonishing scandal.
Weeks on List: 4

2. CONCEALED IN DEATH J.D. Robb
In a long-empty New York building, Lieutenant Eve Dallas's husband swings a sledgehammer into a wall. When the dust clears, there are two skeletons wrapped in plastic behind it. The incomparable J. D. Robb returns with the latest thriller in the #1 New York Times bestselling Eve Dallas series.
Weeks on List: 2

This Week		Weeks on List
3.	THE INVENTION OF WINGS Sue Monk Kidd	8
4.	DEADLINE Sandra Brown	5
5.	THE DEMONOLOGIST Andrew Pyper	7
6.	LIFE AFTER LIFE Kate Atkinson	8
7.	MY JOURNEY Olivia Chow	6
8.	PRIVATE L.A. James Patterson	3
9.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	7
10.	THE TRIPLE PACKAGE Amy Chua	4
★ 11.	THE MUSEUM OF EXTRAORDINARY THINGS Alice Hoffman	1
12.	THE AWESOME GUIDE TO LIFE Jason Ellis	2
13.	CONFESSIONS OF A WILD CHILD Jackie Collins	4
14.	ALL JOY AND NO FUN Jennifer Senior	5
15.	THE MOMSHIFT Reva Seth	3
16.	THE POUND A DAY DIET Rocco Dispirito	8
17.	THE START HERE DIET Tosca Reno	8
★ 18.	THE FUTURE OF THE MIND Michio Kaku	1
★ 19.	THE CHASE Janet Evanovich	1
★ 20.	THE UNDEAD POOL Kim Harrison	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending March 3rd
★New this week

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LIFE 3

Kloss is now in session: We want those moves like Karlie

She walks the walk...
And talks runway season, that trademark stride and her inner hopeless romantic

RICHARD PECKETT
Metro World News

Karlie Kloss rapidly became a runway mainstay after being discovered in 2005 at age 13. HANDOUT

Karlie Kloss is one of those rarefied models that women obsess over and men lust after. Now her stock is so high rumour has it the American-born model can only be booked for shows through special arrangement.

You've got the most confident walk in the business. Do you find being on the runway empowering?

I do. I really enjoy being on the runway. It's a very different part of my job compared to photo shoots. It's a performance similar to the ballet performances that I remember from growing up, so I enjoy runway shows because of that.

How did ballet prepare you for the modeling industry?

Ballet was the best training I could have had for a modeling career. It teaches movement, gracefulness and how to express emotion. Telling a story through movement is very important in a modeling career.

Valentine's Day has recently come and gone. Did you buy into it or are you a cynic?

Well I do like Valentine's Day. I like any excuse to show some warmth and love. I think that goes for not just your boyfriend or girlfriend but it's also an excuse to write a love note to your friends, your mom, anyone.

Are you a romantic?

I am. I am a romantic. Yeah, it's also a good holiday for good chocolate.

What's the cheesiest chat-up line you've received?

Hmm, cheesiest chat-up line: "Did it hurt? Did it hurt, angel, when you fell from heaven?" It's an automatic game over.

You're photographed in lingerie a great deal — a look that men's magazines like to perpetuate as real-life. Is this the case?

No, I'm into sweatpants and my boyfriend's T-shirt. I like to be totally boring and watch [American] football, there's no fancy lingerie. But on a special occasion it's always fun to get dressed up and that's why there's some good stuff here at Victoria's Secret.

Good plug.

Karlie's career is on pointe

"Ballet was the best training I could have had for a modeling career."
Karlie Kloss

Canadian street style

Spotted in: Toronto

Name: Kara Lane

Age: 23

Occupation: Front woman of angsty pop band

What she's wearing
Doc Martens, camo pants from Value Village, Cowichan sweater stolen from my friend's boyfriend and a head chain from Emidesh.

Her inspiration
Xena, the warrior princess.

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Trends Report

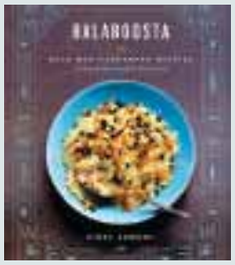
Retro fashion and beauty is seeing a revival this spring, inspiring the latest looks on both fashion runways and red carpets. Go online to Trends Report to see how you can get the look that singer Taylor Swift has mastered.

• **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Taylor Swift images from Getty Images

Cookbook of the Week

A mixture of cultures and tastes



As a mother, wife and chef who runs three busy New York City restaurants, Einat Admony knows about being a New Age "balaboosta" (Yiddish for "perfect housewife"). It makes sense then that her cookbook shares the same name.

Balaboosta offers 140 recipes that blend Admony's mixed Israeli heritage (Yemenite, Persian) with the Mediterranean palate she developed working in New York City. Among the dishes in the book are: Spicy Chicken Tagine, Fenugreek Fried Bread, Yemenite Oxtail Soup and more. METRO

Flavoured from the inside out

"This is the classic Mediterranean preparation for fish, without all the fancy filleting, searing, steaming, or curing," writes Einat Admony in her book Balaboosta: Bold Mediterranean Recipes to Feed the People You Love. "The key is to layer the ingredients inside the fish, instead of on top, so that the flavour permeates every last ounce of the meat."

Ingredients

- Four 1 1/4-lb whole branzino, gutted and cleaned
- 4 fresh thyme sprigs
- 4 fresh rosemary sprigs
- 4 garlic cloves
- 1 lemon, sliced into 8 rounds
- Olive oil

Yogurt Dill Sauce

- 3/4 cup non-fat yogurt
- 1 garlic clove, coarsely chopped
- 2 tbsp fresh lemon juice
- 1/2 tsp kosher salt
- 1 tbsp olive oil
- 1 tbsp finely chopped fresh dill

1. Preheat the oven to 350 F.

2. Pat the skin dry on the branzino with a few paper towels. Stuff the cavity of each fish with one sprig each of thyme and rosemary, one garlic clove, and two slices of lemon. Place the fish on a baking sheet lined with parchment paper and drizzle with olive oil.

3. Roast in the oven until cooked all the way through, about 30 minutes.

4. Meanwhile, make the yogurt dill sauce: Combine the yogurt, garlic, lemon juice, and salt in a blender. Puree until smooth, then very slowly add the olive oil in a thin stream. Scrape the yogurt mixture into a bowl and stir in the chopped dill. The sauce can be made ahead of time and kept in an airtight container in the refrigerator until ready to use.

5. Serve each fish with the yogurt dill sauce. EXCERPTED FROM BALABOOSTA BY EINAT ADMONY (ARTISAN BOOKS). COPYRIGHT (C) 2013.

This recipe serves four. QUENTIN BACON

Nursery, I got hue, babe

Crib notes. Looking for non-traditional colours for your newborn's room? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am expecting a baby and don't ascribe to the traditional colours for decorating a baby's room. I also don't know the sex of my unborn. What are neutral-gendered, on-trend colours for painting and decorating? — Nathalie Hicks, Toronto

More parents are opting for non-traditional baby rooms and decorating the space to please themselves as they spend time with their newborn. Once a child develops a preference for styles and colours, usually by age three, it's a good time to re-decorate to suit their personalities. Happily, many retailers carry colourful nursery decor that falls outside traditional schemes.

Here are a few designer tips to get you started:

1. Match any wood tones of baby furniture to other wood tones you might already have throughout your home, such as dark espresso or bleached oak.

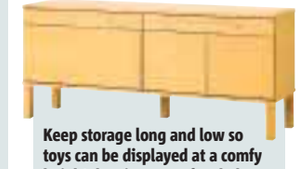
2. Consider using a grown-up area rug with fabulous colours and patterns instead of the predictable nursery story-printed rugs.

3. Never be afraid of using deep colours for a newborn's room. It's a space where you are training them to sleep, so the less stimulation the better.

Mix whimsy and colour for those early years. Canadian designed Duc Duc Crib offers a toddler bed conversion kit and a variety of fun words to apply. $1,634, modernkaribou.ca

A quirky orange kangaroo plush cushion becomes an instant best friend for baby. Its pocket makes a great spot for an extra soother. Machine washable. $10, simons.ca

Hazy Lilac 2116-40 paint creates a cozy room to complement dark or light wood tones and trendy shades of grey and orange. benjaminmoore.ca


Keep storage long and low so toys can be displayed at a comfy height, leaving room for shelves and hooks above. Bjursta Sideboard, $300, ikea.ca

A recycled rug is on trend and a perfect choice for a child's room. Ottoman Yama Patchwork 6x8, $475, ecarpetgallery.

Returning champions eager to get to work

NHL. Penguins stars Crosby, Regina's Kunitz have little time to bask in success with rough schedule ahead

Sidney Crosby celebrates with teammates Chris Kunitz, Duncan Keith, Patrice Bergeron and Shea Weber after scoring a second-period goal against Sweden during the gold-medal game at the Sochi Winter Olympics on Sunday. STREETER LECKA/GETTY IMAGES

Sidney Crosby's second Olympic experience wasn't as dramatic as his first, but it was just as rewarding.

Crosby returned from Sochi with another Olympic gold medal, this one as the captain of the Canadian team. Leading a national squad certainly brings a different sense of responsibility, but the same expectation.

"I think everybody feels a sense of pride, but also a sense of relief knowing you were able to do what everybody expected," Crosby said Wednesday. "It's not easy to win, but to be able to go in there with the goal of winning and achieve it is a great feeling."

Now, Crosby and fellow Canadian gold medallist and Regina native Chris Kunitz are ready for a return to normalcy in the NHL, joining head coach Dan Bylsma and five Olympic teammates, including Russia's Evgeni Malkin, as the first-place Penguins prepare for a stretch that features 24 games in 46 days.

"It's good to get into a routine again," Crosby said. "Managing rest is something we definitely have to keep in mind."

Canada steamrolled through Sochi, allowing three goals in six games for its third gold medal in the last four Olympics and record ninth overall.

"Everybody talks about our defence, but I think we were able to control the puck a lot in the offensive zone and when you do that teams don't get a lot of time or energy to come against you," Crosby said.

The Canadians, who became the first team to go unbeaten through the Olympic tournament in 30 years, never trailed in a dominating effort that culminated in back-to-back shutouts of the United States and Sweden in the semi-finals and gold-medal game.

"The last three games, especially, we were at our best, but I think we got better as it went on," Crosby said. "The scores were close, but we felt like we controlled the last three games and played the way we wanted to."

Once again, Crosby's shining moment came in the gold-medal game, this time during the second period against Sweden when he deked goaltender Henrik Lundqvist before depositing a backhander across the line.

"We hadn't had a two-goal lead that often up to that point and with the way we had been playing to get a two-goal lead was nice," Crosby said. "I think that was going through my mind more than the fact that I hadn't scored yet."

THE ASSOCIATED PRESS

Captain Canada

"It was a great experience.... Obviously, winning makes it better." Sidney Crosby on his goal in Sochi's gold-medal game.

Russian regret

It was a different experience for Malkin, who came up empty at the Olympics after the host Russians were eliminated on their home soil in the quarter-final round by Finland.

- "I remember in Vancouver we lost and now it's worse," Malkin said. "Of course it's pressure, we played at home. I know everyone played hard ... we played together."

Hobbling hero. Price suffers lower-body injury

Montreal Canadiens star goaltender Carey Price left the team's morning skate Wednesday with what the club is calling a lower-body injury.

Coach Michel Therrien said Price aggravated the injury while representing Canada at the Sochi Olympics.

"He will not play the next two games and he's day-to-day," Therrien said.

The Canadiens hosted the Detroit Red Wings Wednesday night. THE CANADIAN PRESS

Carey Price TORSTAR NEWS SERVICE

Golf

Vet Ames pegged for Hall induction

He's a Hall of Famer, but Stephen Ames isn't ready to give up golf just yet.

Ames was unanimously named for induction into the Canadian Golf Hall of Fame on Wednesday, becoming the 74th member of the country's golf shrine. And with Ames poised to celebrate his 50th birthday in April, the Calgary resident is planning to play events on both the PGA and Champions Tours in 2014.

THE CANADIAN PRESS

Wingin' it. Babcock shifts focus to getting Detroit back into post-season

Mike Babcock loved the Olympics, but now he has another tough task — trying to get the Detroit Red Wings into the NHL playoffs.

"It's about the Red Wings now — that's all over with," said the coach who led Canada to a second straight hockey gold medal at the Sochi Olympics. "We're in a real battle to get into the playoffs. We take real pride in the Red Wings being in the playoffs every year."

The Red Wings, clinging to the eighth and final Eastern Conference playoff spot, faced Montreal on Wednesday night. THE CANADIAN PRESS

Playoff push

"There's no excuses. We have to find a way to get in." Mike Babcock

Horoscopes

♈ Aries
March 21 - April 20
It won't be long before your mind is back in the groove. You will have a lot to say for yourself today but be very careful that you don't give away secrets to people who may be your rivals.

♉ Taurus
April 21 - May 21
According to the planets, you could make serious money but you need to get serious about your ambitions. Most of all, you need to commit yourself to an objective that may take years to reach. Are you ready?

♊ Gemini
May 22 - June 21
You will be challenged over the next few days, but you will rise to the challenge and come out unscathed. Remember: rivals are more scared of you than you need be of them.

♋ Cancer
June 22 - July 23
You will need to close your ears to criticism today. It does not matter how good a job you do, someone, somewhere, will pick holes in your methods or techniques. Ignore them and carry on as before.

♌ Leo
July 24 - Aug. 23
Be careful what you ask for over the next two or three days because you are likely to get it. Why should that be a problem? Because the responsibilities that go with it could take away a lot of the fun.

♍ Virgo
Aug. 24 - Sept. 23
You will be more emotional than usual today. But that could actually work in your favour, especially if you have not been too open about your feelings of late. Every now and then it's good to let it all out.

♎ Libra
Sept. 24 - Oct. 23
Do something unexpected. The planets indicate that no matter how far you push the limits, at home or at work, others will forgive you. But that's only today. Tomorrow they won't be so generous.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your eye on the ball and keep your mind on what it is you are hoping to accomplish. If you can do that then you will succeed. The approaching new moon will give you added drive and dynamism.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to rely on other people. You have high hopes for the future and will make quicker progress if don't have to worry about dragging others along behind you.

♑ Capricorn
Dec. 22 - Jan. 20
For the past two or three weeks you have found it hard to get your thoughts together, which means progress has been slow. Now, your mind will click into gear and you will soon be sailing along.

♒ Aquarius
Jan. 21 - Feb. 19
You don't take risks often but when you do, you go all the way. With that in mind, you are advised to wait until the weekend to follow up on what you are planning. If you start too early you could lose it all.

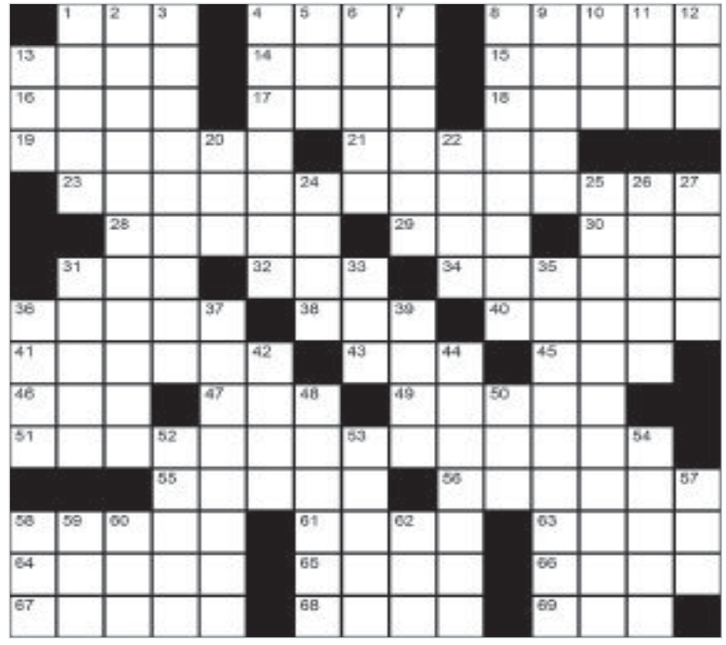
♓ Pisces
Feb. 20 - March 20
Be assertive and let partners and colleagues know that you intend to put your needs first. This is your time of year and you have every right and every reason to be a little bit selfish.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



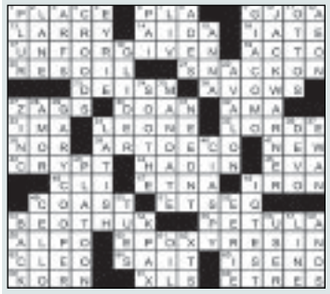
Across

1. Possibilities
4. Frost
8. Ancient water nymph
13. Take _ __ (Try the drink)
14. Vogue rival
15. __ boots
16. Saintly symbol
17. Marsh plant
18. Solemn bell sound
19. "You are not!" retort: 3 wds.
21. Farewell, in France
23. Step dancers perform to their music: 2 wds.
28. '70s music
29. Classic game
30. Ms. Long
31. Like
32. Exhaust
34. Fort __ (Where the American Civil War started in 1861)
36. Roman Empire invaders
38. Beige
40. Sans stopping...: 2 wds.
41. Singer Bonnie's surnamesakes
43. Drivers' org.
45. Actor Mr. Knight's
46. Admiral's org. in The States
47. Juice: French
49. 1985 Power Station hit: "Some Like __ __"
51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes
64. Sitting spot
65. High
66. Prefix with 'dynamic'
67. "All in the Family" role
68. Opportunity
69. Juiceless

Down

1. Oscar-winning songwriter Mr. Hayes
2. Oscars category: 2 wds.
3. It will shine on Ellen DeGeneres as this year's Oscars host
4. Brave acts
5. Corrida call
6. Shake like _ __
7. Social news website
8. Leslie Nielsen movie franchise: 2 wds.
9. Cancel
10. White House nickname
11. __ clear
12. Rocker Mr. Shannon
13. Sushi tuna
20. Periods beyond regular hrs.
22. Some apples
24. Outdoors garment
25. "The __": Piano tune in "The Sting" (1973)
26. 'Nothings' in Nice
27. Chalcedony variety
31. "__ __ _ say, not..."
33. BC's ocean
35. "Ace of Spades" British metal band
36. Food
37. Gospels guy, __. __
39. Newbie
42. Tallow source
44. In the wrong: 2 wds.
48. Silver fishies
50. "__ Ramsey" ('70s TV Western)
52. Frilly neckwear piece like Austin Powers wears
53. "Easy Livin'" by __ Heep
54. Beat
57. Record label The Bee Gees were on
58. 'Expert' suffix
59. 19 TV __. (Production co. for "American Idol")
60. Law: French
62. "Turn to Stone" gr.

Yesterday's Crossword



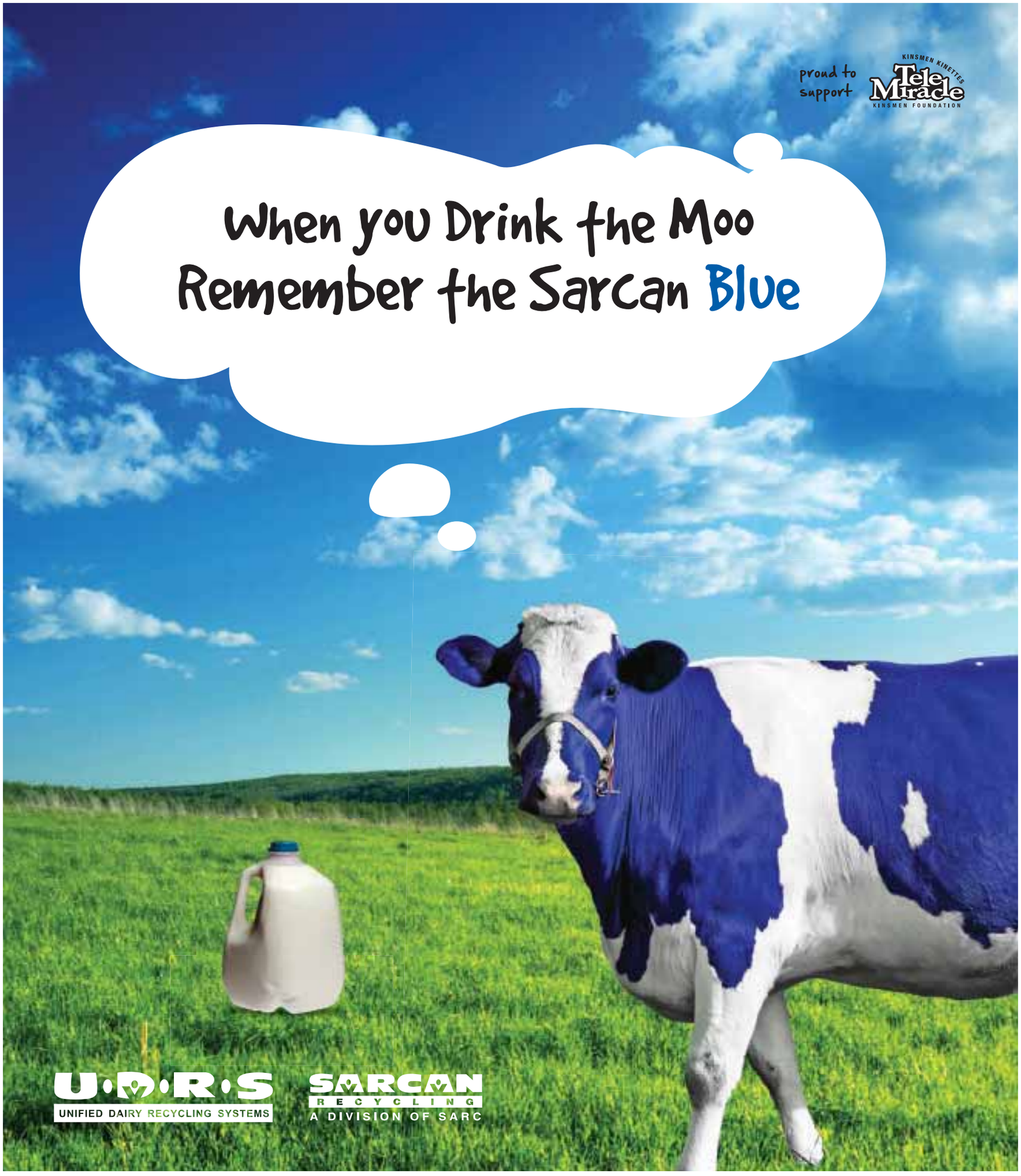
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7	2		9	3		
	2		3		5		4	
9								8
		8	1	2	6	5		
		9	8	5	7	2		
7								2
	3		6		1		5	
		1	4		2	6		

Yesterday's Sudoku

7	2	9	1	3	5	6	8	4
1	3	5	8	4	6	2	9	7
4	8	6	2	9	7	3	5	1
8	4	7	3	5	2	1	6	9
3	5	1	9	6	8	7	4	2
6	9	2	4	7	1	8	3	5
9	1	3	7	8	4	5	2	6
2	6	8	5	1	9	4	7	3
5	7	4	6	2	3	9	1	8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